

Rewire For Gratitude Easier Than Ever



31 Days of Gratitude to rewire your brain for a abundance and positivity.

By Caroline McCandless

MAKING *Om*

So why Gratitude? Studies have shown that the more we express gratitude, the more we wire our neurotransmitters in the brain to default to gratitude (the same happens when we chronically complain, we wire the brain for negativity). Gratitude can help instill optimism, improves physical and physiological health, improves relationships, improves self-confidence and self-esteem. Wiring the brain for gratitude will set you up for a better sense of well-being and allows you to have more control over your thought patterns, which in turn largely creates your experience in the world.

So why do I need this guide if I can do this on my own? You can absolutely do this on your own and it is much encouraged. But many of us have never been introduced to this type of thinking. It is easier to follow a guide in the beginning while we are still adopting the practice and learning new thought patterns. And I've taken all the planning out for you. You just have to follow the steps and let the rewiring do it's magic!

Caroline is an Em+Fit™ Coach, Intuitive Life Coach, Certified Fitness Trainer, and Guided Meditation Leader. Em+Fit™ programming combines emotional, mental, and spiritual health with fitness. It is for those that have tried everything without the success they have been looking for. Caroline is available for one-on-one coaching sessions and personalized intuitive wellness programming.

For more daily content follow Caroline on Instagram @makingom

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Directions: Take 5 mins per day answering each prompt. Handwrite responses in the first person as in "I am grateful for ____" unless otherwise noted & be open to the positive shift in mindset.

Day 1

What is one thing you did well today?

Write 3 things you can see right now that you are grateful for:

Day 2

What is one thing you did well today?

Write 3 activities you do daily that you are grateful for:

Day 3

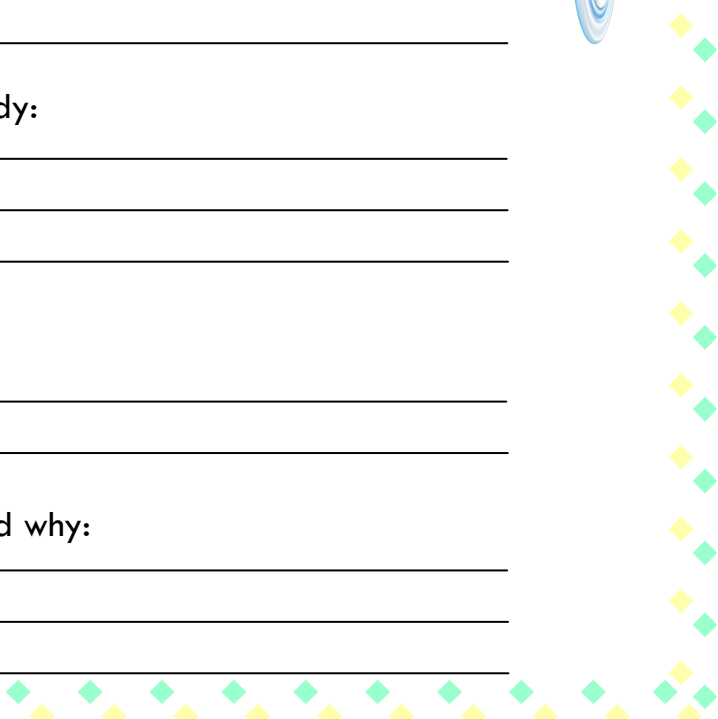
What is one thing you did well today?

Write 3 reason you are grateful for your body:

Day 4

What is one thing you did well today?

Write one life lesson you are grateful for and why:



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Day 5

What is one thing you did well today?

Write one person you are grateful for (bonus points if you can tell this person):

Day 6

What is one thing you did well today?

Write three positive childhood experiences you are grateful for:

Day 7

What is one thing you did well today?

Write 3 reasons you are grateful for where you live:

Day 8

What is one thing you did well today?

Write three things you are grateful for from the last week:



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Day 9

What is one thing you did well today?

List 3 things about your personality you are grateful for:

Day 10

What is one thing you did well today?

Write 3 songs/books/movies/public figures you are grateful for:

Day 11

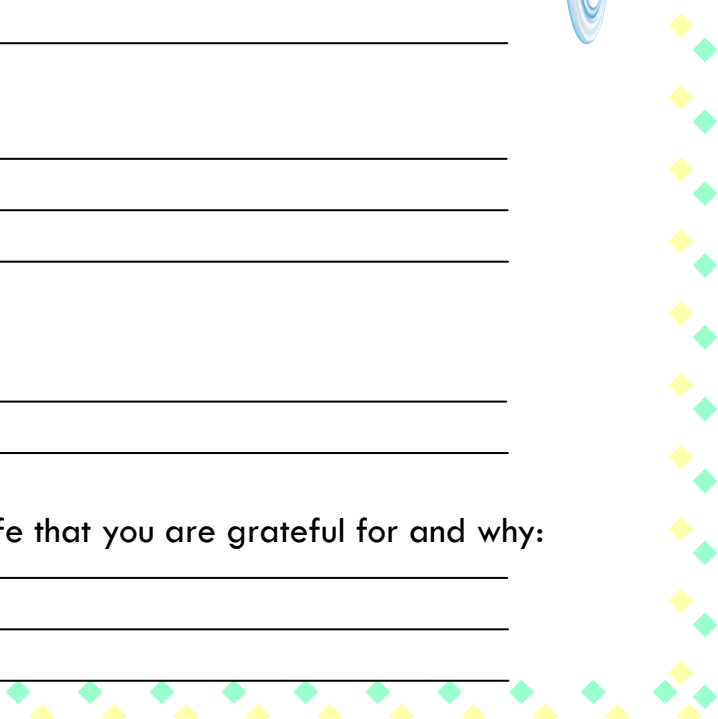
What is one thing you did well today?

Write any 3 things you feel grateful for:

Day 12

What is one thing you did well today?

List 3 people that positively impacted your life that you are grateful for and why:



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Day 13

What is one thing you did well today?

List 3 changes in your life that you grateful for:

Day 14

What is one thing you did well today?

Write 3 things about yourself you are grateful for:

Day 15

What is one thing you did well today?

Write one thing you've made progress in that you are grateful for:

Day 16

What is one thing you did well today?

List 3 things in nature you are grateful for:



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Day 17

What is one thing you did well today?

Write 3 things you are grateful for that you take for granted sometimes:

Day 18

What is one thing you did well today?

Write 3 things about your work/school/hobby you are grateful for:

Day 19

What is one thing you did well today?

Write 3 foods you are grateful to have access to:

Day 20

What is one thing you did well today?

List 3 times you were grateful to be able to help others:

Directions: Take 5 mins per day answering each prompt. Handwrite responses in the first person as in “I am grateful for ____” unless otherwise noted & be open to the positive shift in mindset.

Day 21

What is one thing you did well today?

Write 3 times you are grateful you took care of yourself:

Day 22

What is one thing you did well today?

Write 3 happy/fun experiences you are grateful for:

Day 23

What is one thing you did well today?

Write 3 self-realizations you are grateful for:

Day 24

What is one thing you did well today?

Write any 3 things you are grateful for:

Directions: Take 5 mins per day answering each prompt. Handwrite responses in the first person as in “I am grateful for ____” unless otherwise noted & be open to the positive shift in mindset.

Day 25

What is one thing you did well today?

Write 1 personal improvement you are grateful for:

Day 26

What is one thing you did well today?

Write 3 things you use daily that you are grateful for:

Day 27

What is one thing you did well today?

Write 3 body functions you are grateful for:

Day 28

What is one thing you did well today?

Write 3 interests/hobbies/sports/activities you enjoy that you are grateful for:

Directions: Take 5 mins per day answering each prompt. Handwrite responses in the first person as in “I am grateful for ____” unless otherwise noted & be open to the positive shift in mindset.

Day 29

What is one thing you did well today?

Write 3 times you are grateful for others' love/support/help:

Day 30

What is one thing you did well today?

Write 3 inspiring people you are grateful for:

Day 31

What is one thing you did well today?

Write 3 reasons you're grateful for this gratitude mental re-wire practice:

